

Name: _____

Week of: _____

Signature: _____

Weekly Momentum Commitment



1. Fill in SOURCE and ACTIVITY columns
2. Add the ACTIVITIES to your calendar
3. Fill in results at end of week

SOURCE	ACTIVITY	RESULTS

Examples:

SOURCE	ACTIVITY	RESULTS
Sphere of Influence	Contact 20 by phone / Schedule 2 face to face coffees	20 dials - 10 connects, 1 appt
Open House	100 Neighborhood Calls / 15 knocks	30 dials/10 knocks-20 connects, 3 leads, 1 appt
FSBO	4 new knocks / 2 follow up calls	2 calls/2 knocks-3 connects, 1 lead, 0 appts
Expired listings	10 new knocks/ 7 follow up cals	5 calls/10 knocks - 5 connects, 2 leads, 1 appt
Price reduction	Schedule appointments 3 listings 45-60 days until exp	3 appointments
Social Media`	4 TikTok posts, 2 LinkedIN posts, 10 comments	300 likes, 15 comments, 10 new follows, 1 appt